



Mayor's Virtual Emotional Wellness Summit for Women Prioritizing Mental Health Through Crisis Part I, October 10, 2020 & Part II, October 22, 2020

Resources for Support

Substance Misuse and Substance Use Disorders

If you or someone you know is suffering from drug or alcohol misuse, please contact the local authorities or use the following hotline resources.

Al-Anon and Ala-teen Hotline: counselors provide support to teens and adults who are negatively impacted by alcohol addiction and provide resources to group therapy nearby for ongoing support.

- Hotline: 800-356-9996
- Find more information on Al-Anon [here](#).
- Find more information on Al-teen [here](#).

DrugFree.org: support helpline for family members playing a supportive role in the life of a young person struggling with drug or alcohol use.

- Hotline: 855-378-4373
- Text a message to 55753
- Find more information [here](#).

Georgia Council on Substance Abuse: works to increase the impact of recovery in our communities through education, advocacy, training, and peer recovery support services.

- Call or text CARES Warm Line at 844-326-5400
- Find more information [here](#).

Recovery Resources of Atlanta Midtown: offers virtual ALL RECOVERY meetings throughout the COVID-19 pandemic.

- Find more information [here](#).

Rehab Spot: rehabilitation search engine and 24/7 confidential online chat for those suffering substance abuse.

- Access experts and the live chat [here](#).

****Please Note:** The City of Atlanta does not independently conduct or control mental health or wellness resources, but is sharing the following information with our community as a helpful resource.



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Substance Abuse and Mental Health Services Administration (SAMHSA): a treatment referral and information service for individuals and families facing mental and/or substance use disorders. Services are offered in English and Spanish.

- Hotline: 1-800-662-4357
- Find more information [here](#).

Mental Health

If you or someone you know is struggling with their mental health, please use the following resources.

Black Women's Health Imperative: BWHI leads the effort to solve the most pressing health issues that affect Black women and girls in the U.S. Through investments in evidence-based strategies, they deliver bold new programs and advocate health-promoting policies.

- Find more information [here](#).

Therapy for Black Girls: Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. Therapy for Black Girls will help you find trusted, culturally competent therapists that can help navigate being a strong, black woman.

- Find more information [here](#).

Black Female Therapists (BFT): is the #1 lifestyle and empowerment platform for women of color. This platform was created to promote, inspire, and elevate other black female therapists and create a safe space for black mental health. BFT gives mental health therapists a chance to show their #blackgirlmagic and makes it easier to connect with individuals nationwide.

- Find more information [here](#).

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Silence the Shame: is a nonprofit organization that focuses on education and awareness around mental health. Through Crisis Response Trainings, Community Conversations, Wellness Trainings, digital content, and outreach programs, they aim to normalize the conversation, peel back the layers of shame, eliminate stigma, and provide support for mental well-being.

- Find more information [here](#).

GirlTrek: has pioneered a health movement for African-American women and girls grounded in civil rights history and principles through walking campaigns, community leadership, and health advocacy.

- Find more information [here](#).

The Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD): and its network of community providers offer treatment and support services to help people with behavioral health challenges achieve recovery by focusing on their strengths.

- 24/7 COVID-19 Emotional Support Line: 1-866-399-8938
- 24/7 Georgia Access and Crisis Hotline: 1-800-715-4225
- Find more information [here](#).

American Foundation for Suicide Prevention – Georgia Chapter: focuses on eliminating the loss of life from suicide in Georgia by delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

- Hotline: [800-273-8255](tel:800-273-8255)
- Text "TALK" to 741741
- Find more information [here](#).

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CHRIS 180: helps children, young adults, and families through mental health counseling, group homes, adoption services, a Drop-In Center for homeless young adults, and a supportive housing program for single and parenting youth, and in-home programs that strengthen families.

- Call at 404-486-9034
- Find more information [here](#).

Georgia Mental Health Consumer Network: providing support to all Georgians experiencing anxiety or stress, or who need support through the pandemic.

- 24/7 Peer2Peer Warm Line: 888-945-0625
- Find more information [here](#).

Metropolitan Counseling Services: quality, affordable counseling, and psychotherapy for adults in Atlanta.

- Call at 404-321-1794
- Find more information [here](#).

National Suicide Prevention: offers support to help those in crisis process their emotional distress and prevent suicide.

- Hotline: 1-800-273-8255
- Find more information [here](#).

NAMI Georgia: Offering virtual support group meetings: NAMI Connection Recovery Support Groups offer respect, understanding, encouragement, and hope for those living in recovery.

NAMI Family Support Groups are for families, caregivers, and loved ones of those who live with mental health challenges.

- Helpline: 770-408-0625
- Find more information [here](#).

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View Point Health: a community behavioral health center utilizing a team of psychiatrists, nurses, licensed counselors, and social workers, as well as other professionals to provide services to individuals who need treatment and support to cope with mental illness, substance abuse, and intellectual and developmental disabilities. View Point Health serves uninsured, underinsured, low-income Medicaid, Medicare, war veterans, and some private insurance across multiple locations with a full continuum of behavioral health services and supports.

- Find more information [here](#).

Nurturing Excellence of Success and Talent is the focus of the (N.E.S.T.) Resiliency Clubhouse: The N.E.S.T. Clubhouse has a caring and passionate staff who provide services to improve the well-being and functional outcomes for children and youth with mental health diagnoses. The Clubhouse uses creative, evidence-based, and culturally competent techniques in collaboration with families, schools, mental health providers, and community partners.

- Find more information [here](#).

Elizabeth O'Brien and Associates: I incorporate movement and breathing exercises into both my training and individual sessions, and seek to create a safe space where clients can actively work through their needs, and restore balance. Come sit, build your body awareness, or join me for a walk'n talk session. I also offer virtual therapy.

- Find more information [here](#).

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Maternal Mental Health

Postpartum Support International – Georgia Chapter (PSI-GA): PSI-GA is the Georgia state chapter of Postpartum Support International (PSI), the world's leading non-profit organization dedicated to helping those suffering from perinatal mood disorders, the most common complication of childbirth. Our mission is to promote awareness, education, prevention, and treatment of perinatal mental health issues affecting mothers, their families, and support systems in all areas of Georgia.

- Call 1-800-944-4773 (English and Spanish)
- Text 503-894-9453 English or 971-420-0294 Spanish
- Find more information [here](#).

The Centers for Disease Control and Prevention's (CDC) Hear Her Campaign:

CDC's Hear Her campaign seeks to raise awareness of potentially life-threatening warning signs during and after pregnancy and improve communication between patients and their healthcare providers.

- Find more information [here](#).

Healthy Mothers, Healthy Babies Coalition of Georgia (HMHBGA): Since 1974, Healthy Mothers, Healthy Babies Coalition of Georgia has been the strongest statewide voice for improved access to healthcare and health outcomes for Georgia's mothers and babies. HMHBGA is the only organization in Georgia that focuses on the full spectrum of maternal and child health concerns from prematurity to maternal mortality.

- Find more information [here](#).

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Domestic Violence

If you or someone you know is experiencing domestic violence during this time, please contact the local authorities or use the following resources.

Cherokee Family Violence Center (CFVC): located in Cherokee County, Georgia, CFVC provides free services to domestic violence survivors and their families across GA.

- 24/7 Crisis Hotline: (770) 479-1703
- Spanish (Español): (770) 720-7050

Georgia Coalition Against Domestic Violence: Georgia's federally recognized domestic violence coalition, representing over 53 domestic violence organizations and programs across the state.

- Access the 24-hour statewide Domestic Violence Hotline by calling 1-(800) 33-HAVEN.
- Find more information [here](#).

National Domestic Violence Hotline: the only 24/7 center in the nation that has access to service providers and shelters across the U.S.

- 24/7 Hotline: 1-800-799-SAFE (7233)
- Access the online chat function [here](#).

Partnership Against Domestic Violence: works to end the crime of intimate partner violence and empower its survivors.

- Metro Atlanta Crisis Line: (404) 873-1766
- Find more information [here](#).

Women's Resource Center to End Domestic Violence: offers local crisis response and legal assistance during the COVID-19 pandemic.

- 24/7 Domestic Violence Hotline: (404) 688-9436
- Find more information [here](#).

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Health and Wellness Applications

Calm: Our mission is to make the world happier and healthier. We're the #1 app for Sleep, Meditation, and Relaxation, with over 50 million downloads and over 700,000 5-star reviews.

- Find more information [here](#).

Headspace: Meditation has been shown to help people stress less, focus more, and sleep better. Headspace is meditation made simple, teaching you life-changing mindfulness skills in just a few minutes a day.

- Find more information [here](#).

Insight Timer: Free app for sleep, anxiety, and stress. We are the world's largest meditation community of 17 million people, from 120 countries speaking 50+ languages. We publish 55,000 free guided meditations and music tracks by 8,000 meditation teachers and musicians from around the world.

- Find more information [here](#).

Liberate: Liberate is the #1 meditation app for the Black, Indigenous, and People of Color community. Over 50,000 people use Liberate to reduce anxiety, stress less, and sleep better.

- Find more information [here](#).

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